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THE HPWBANA NEWS

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Camp Gen

Girls Empowerment Network's campGEN Summer Camps Inspire Central Texas Girls Entering Grades 3 – 8 to Own and Use Their Power

campGEN girls participate in interactive workshops that are designed to help girls feel more confident as they navigate girlhood. The program engages Girls Empowerment Network's girl experts and female role models as camp counselors. The two-part Summer Camp Series for girls entering grades 3-8 includes:

- campGEN – Part 1, held June 17-21, kicks off with "Own My Power." This camp focuses on building confidence and self-love. Girls will explore stress management, identity, self-compassion and body positivity. Activities include yoga, art and craft projects, writing, talent shows and games.

- campGEN – Part 2, held July 15-19, continues the conversation with "Use My Power." Girls will focus on using their confidence to advocate for themselves and others. Girls will explore and practice confident communication, advocacy, healthy friendships and values. Activities include role playing, skits, a fun community advocacy project, and games.

"These two programs are the highlight of our summer

and we look forward to them all year long," says Caroline Crawford, program director. "Our summer camps build on

one another, and we often see girls sign up for both sessions. Once they learn to OWN their power, then they can put it into practice and USE their power. Each year we girls walk away with a strong sense of self and are ready for the next school year."

Network (GEN) helps girls discover they are powerful people. Through school-based programs and community events for girls, parents and schools, GEN ignites power in girls ages 8 – 18 by teaching them skills to thrive and believe in their ability to

be unstoppable. campGEN was created to expand Girls Empowerment Network's services that empower girls to navigate the challenges of girlhood.

Both campGEN summer camp sessions will be held in Downtown Austin at First Baptist Church, located at 901 Trinity Street, Austin, TX 78701, Monday-Friday, 8:30 a.m. – 4 p.m. Drop off begins at 8:15 a.m. and aftercare is available until 5 p.m. for \$60. Each five-day session costs \$330.



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Lettuce Recycle!

by Dena Houston

AUSTIN RECYCLING AND THE GREEN FENCE

The “green fence”, an import policy established by the Chinese government in 2013, profoundly affected the recycling world by prohibiting contaminated recyclables. In 2017, the “national sword” was announced. This policy set strict contamination limits on recyclable materials. This means China will not accept shipments that are mixed with trash, unclassified plastics, the wrong types of recyclables, or low-quality recyclables like greasy paper goods. This ban officially began January 1, 2018.

These policies were the result of China’s receiving so much contaminated recyclable material from all over the world that it became uneconomical to process it. Historically, China exported their plastic products around the world and, after their products were unloaded, the empty cargo containers were returned with recyclable material.

This material was processed into new products to be exported.

This worked well until the materials sent back to China were so contaminated that they could not be made into new products and had to be sent to Chinese landfills. Now, China has taken a stand – they are no longer going to take our garbage (contaminated recyclables), send it to their landfills, and have less usable product to turn into exported goods.



Consequently, many American recyclers now have nowhere to send their recyclable materials. Many communities and municipalities have had to rethink what they are going to do with the materials they collect and must institute better collection and sorting processes to reduce contaminated materials.

This can all be quite costly; some communities are having difficulty financially managing this.

HOW DOES THIS SITUATION AFFECT AUSTIN’S RECYCLING PROGRAM?

The City of Austin has contracts with two Materials Recovery Facilities (MRFs) - Texas Disposal Systems (TDS) and Balcones Resources. These companies process the City’s recyclable materials by sorting, baling, and selling recyclable materials collected from the City of Austin’s residents, businesses, and the Recycle & Reuse Drop-Off Center. According to the City of Austin’s Resource Recovery Department, both processors had long-term plans in place long before “the Green Fence”. TDS and Balcones Resources continue to sell 100% of all recyclables coming from the City to their respective contractors.

ARE WE STILL AT RISK?

I stated above the City of Austin’s position on the health of our recycling program. Even though it sounds strong, I personally feel that recycling contamination is a big problem in Austin. It is critically important that we each do our best to NOT put things in our blue curbside bins that will adversely affect the recycling processing streams.

Please note the photo below. It was taken in the Highland Park neighborhood. The plastic bag must not be placed in our blue bins. The metal coat hanger is also a contaminant. Both items will compromise the sorting equipment at the processing plants and add to recycling contamination. Here are the most frequent contaminants that cause problems in the Austin recycling program:

- Plastic bags
- Metal coat hangers
- Hoses
- Styrofoam
- Wet paper
- Pizza boxes
- Old clothes

Many recycling customers believe in “wishcycling” or wishful recycling – “If I put it in the recycling bin, someone at the recycling plant will pull it out if it is not recyclable”. NOT TRUE!!!!!! This thinking is what caused all the problems in China. Please remember...

WHEN IN DOUBT, THROW IT OUT!!!!

HOW IS CONTAMINATION COSTLY TO RATEPAYERS?

The City pays money (based on weight) to the Materials Recovery Facility (MRF) for all material brought into the recycling facility. The MRF then sorts and processes recyclable materials and sells them. The City receives a portion of the revenue from those sales. For any non-recyclable (contaminated) items, the City doesn’t receive any revenue and, in addition, pays a processing fee for the MRF to haul them to the landfill. If the City pays out more in processing fees than it receives in revenue, ratepayer collection fees must go up to cover the difference.

QUESTIONS FROM OUR READERS:

CAN OATMEAL BOXES GO INTO CURBSIDE RECYCLING BINS? Yes, the cardboard oatmeal boxes (like Quaker Oats) can go into blue curbside bins.

WHAT ARE TRIVIAL PLASTICS? This is a term given to plastic products that we choose to use but are more easily replaced than other plastic products. For example, a non-reusable plastic water bottle can be easily replaced with one that can be used over and over again, like a stainless steel insulated bottle. A non-trivial plastic would be the plastic syringe used for flu shots and medical injections.

DO I NEED TO COMPLETELY REMOVE PAPER LABELS FROM THE PLASTIC BAGS I PUT INTO THE COLLECTION BINS AT THE GROCERY STORE? Small labels left on the plastic bags does not interfere with the plastic recycling processing. Large paper labels should be removed.

Here is a very informative City of Austin recycling website: <http://www.austintexas.gov/what-do-i-do>

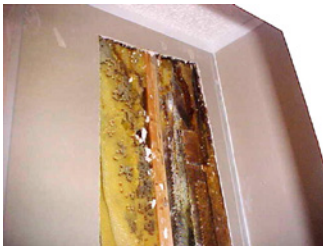
Stay tuned for future tips that will include creative ways to recycle or reuse. If you have any questions or recycling ideas, please send them to: recycling@hpwbana.org.

Honey Bee Swarms



Honey bees are beneficial by producing honey, wax and pollinating crops. With warmer temperatures, honey bees are becoming more active and may soon begin to swarm.

Honey bee swarms look like a large clump of bees clustered together. The swarm may stay in a location from a few hours to a week. Swarms are produced as a part of the colony's reproductive process. An established colony produces a new queen, causing the old queen and half the worker bees to leave the colony to search for a new nesting location. Swarming honey bees are usually gentle and unlikely to sting. They are not protecting their home, food or offspring. Scout bees are sent out from the swarm to search for a nesting site. Colonies produce comb and honey and are defensive. They are guarding their home, food and offspring.



Sometimes, honey bee colonies can be found in wall voids, chimneys, attics or sheds. If bees are in a wall void, DO NOT block their entrance; this makes them search for another way to exit and could lead bees into the structure. To keep bees from entering a home,

seal any holes found in walls where pipes enter the home, cracks in window framing, knotholes, weep holes, or cracks between wood and brick junctures.

While many enjoy having honey bees around, some people are severely allergic to their venom. This, along with other situations, such as bees located near sensitive areas (such as playgrounds) may require removal or even extermination of the bees.

People should NOT try remove or exterminate bees on their own. Beekeepers and pest control companies have equipment to carry out these jobs in a safe manner. The city or county does not provide bee removal services.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Fit and Fun: Health Tips for You & Your Children

By: Concentra Urgent Care

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!

- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the US Centers for Disease Control and Prevention's website at:

www.cdc.gov/healthyyouth/physicalactivity/

Hosting FAQs

What does hosting mean? Hosting means you open your heart and home to a teenager from another country. You provide the same loving, caring environment for them as you do a member of your own family.

What kinds of families are acceptable? We accept many types of families: single parent families, families with children of any age, childless families and families with grown children.

What is the host family responsible for? The host family is responsible of providing three meals a day, registering the student in school, a separate bed and a quiet place to study. The STSF local LC will obtain the signed school acceptance form prior to the student's arrive to the country.

What happens if the student is ill or in an accident? Our students have their own medical insurance. Each student should have an ID card and claim forms before they arrive. STSF will help with the filing of claims.

What about spending money? The student's natural parents agree to send adequate spending money. This money should be enough for clothing, social activities, trips, school expenses, and telephone calls to their home country. Ideally, students will already have a bank account when they come over that they can access with an ATM card. Host Families can also assist their students in setting up savings or teen account.

Are we supposed to show them America? Trips are organized and available to the students through their Regional Directors or through an STSF approved travel organization. Keep in mind that this is an academic program with opportunities for travel for students who are meeting academic standards. RDs also sponsor trips for students. More information about these trips will be given throughout the year.

What is expected of the exchange student? Our students are here on an academic program. This means,

they must attend all of their classes, participate in class and maintain at least a C or above in each class. The student has an orientation that explains the rules they agree to abide by. These include obeying all local, state and federal laws. They may be immediately dismissed from the program and sent home for violation of these laws. They are expected to follow host family rules concerning family responsibilities such as chores. They must also obey curfews established by the host family.

What is the length of stay? Most of our students arrive in august for a 10 month academic stay. They must return to their home country 7 to 10 days after the last day of school. These are a few students who only come for a semester. Some arrive in January and stay until December. How do you match students to Host Families? We try to find students whose hobbies and interest match the family members. We look for common interest in the arts, sports, and religious involvement. The host Family may request a student from a country they have special interest in. We try and match as much as possible to ensure a successful experience.

Are Host Families paid to host? No, but host families receive a \$50.00 tax deduction (Charitable Contribution) per month for each month the students live with you.

What are the rewards of hosting? Your family gains a new family member. The relationship that evolves throughout your year as a host parent will last a lifetime. The focus of this program is to have host families and students learn from each other.

If you are interested in hosting, please contact Vicki Odom at 832-455-7881 or vicki.stsfoundation@yahoo.com.



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Mosquitoes

Mosquitoes can not only be irritating by biting, but they also are able to transmit various diseases to humans and animals. They are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, Zika, dengue, yellow fever, malaria and filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs are laid on the surface of water or in dry locations that can be flooded by water. Eggs laid in dry locations can remain dormant under for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which are non-feeding. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Many things can help to reduce mosquito problems around the home. Since three of the four life stages of mosquitoes are in or near water, it is best to eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and is non-toxic to humans, amphibians and fish.

Avoiding outdoor activities during peak mosquito hours is the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, picaridin, IR3535, oil of lemon eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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GERMAN PANCAKES

At least twice a week, German pancakes are my go-to for breakfast. Known alternately as Dutch babies or little Bismarcks, my family loves them. This particular recipe came with my great grandparents from Germany.

I make the batter the night before and store it in the fridge for easy morning prep. The batter can be cut in half, doubled, or tripled. You can make it in virtually any pan that has sides. Just be sure to spray the entire baking vessel with a little Pam, as this pancake crawls up the sides as it bakes and could stick. The batter must be poured into a hot pan.

The below recipe fits nicely in a medium skillet.

Preheat oven to 425 degrees.

Melt ½ stick of butter in an oven proof pan in the oven, so the pan gets nice and hot.

Mix together 2 eggs, ½ cup flour and ½ cup milk with a pinch of salt. It may have some lumps and that's okay. Pour the batter into the melted butter in the skillet, return to oven and bake for 12-15 minutes, until risen and a golden brown. It will deflate a bit once you cut it.

Top with syrup, fruit, powdered sugar, or nothing. It tastes delicious all on its own.

Nota bene: Sometimes these pancakes don't rise. No one knows why. Just try again with different flour or butter or eggs. It's only occurred to me three times in the 25 years I've been making them. You can also cut the butter down to as much as half, but Julia Childs would surely not advise that.

Would you like to share a specific recipe? Your neighbors would love to read about it! Email me at tiffivelytx@gmail.com. If I don't, my Cordon Bleu trained stepmother will!



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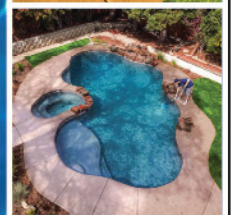
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Why Acupuncture?

By: Yunguang Yang (Lily), Licensed Acupuncturist & Herbalist, MAOM, Dipl. O.M. (NCCAOM)

Some people have regular acupuncture maintenance treatments as part of their pursuit to stay healthy and active, others prefer acupuncture to Western medicine because:

1. They have a condition that does not respond to conventional care, so that they have to look for alternative health care options.
2. Conventional care often involves drugs with undesirable side effects or unwanted, perhaps risky medical procedures.
3. Western drugs are expensive and when multiple drugs are used at the same time, they could interfere with each other.
4. Patients prefer a natural, holistic medical approach to healthcare.

Acupuncture and Traditional Chinese Medicine (TCM) are safe with little side effects, because the herbal ingredients are combined to minimize and counteract the possible side effects. They work together to balance the body and allow the body to heal itself.

DOES IT HURT?

Acupuncture needles are very different from clinical, hollow needles used for ordinary injection, vaccinations, etc. Acupuncture needles are not much thicker than a human hair and insertion of

an acupuncture needle is practically painless. In some cases, you may not even know the needles are in place, in others, there may be some tingling, warming, heaviness, or a feeling of the Qi moving up and down the channels in your body. Most people find acupuncture extremely relaxing and many fall asleep during the treatment.

WHAT ARE THE MAIN OBJECTIVES OF ACUPUNCTURE TREATMENT?

The main objectives of an acupuncture treatment can be summarized in five main categories:

1. Relieve pain and other symptoms.
2. Relieve stress and emotional issues.
3. Treat addictions and substance abuse.
4. Strengthen the immune system.
5. Balance, harmonize and integrate functions of organs with each other, making for a unified and healthy person.

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REALTOR®

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I am not currently working with another Realtor®. Any listing I intend to sell will be in my name.